

Menu Pattern Requirements for the School Breakfast Program

These requirements and recommendations are designed to meet the 2005 Dietary Guidelines for Americans. For more, see the "Quick Guide" (next page).

Food-based menu planning (Traditional and Enhanced)

- ✓ 8 ounces fluid milk as a beverage **or** on cereal (*use low-fat choices (1%, skim)*)
- ✓ ½ cup fruit **or** vegetable **or** full-strength fruit or vegetable juice (*using whole fruits and/or vegetables instead juice is recommended*)
- ✓ One serving from each of the Grains/Breads* and Meat/Meat Alternate** components **or**
- ✓ Two servings from either Grains/Breads* or Meat/Meat Alternate**
- ✓ Offer vs. serve – may refuse one item from any component

**A serving of grains/breads is 1 slice of bread, ½ cup, or 1 ounce. Whole grains are recommended.*

***A serving of meat is 1 ounce. Lean (low-fat) protein sources are recommended.*

Nutrient-standard menu planning

- ✓ Appropriate age/grade groups are selected
- ✓ Meals meet nutrient standards when averaged over the school week
- ✓ At least three menu items are offered daily
- ✓ Fluid milk as a beverage is offered daily
- ✓ Offer vs. serve – may refuse one item out of the three or more required menu items

In order to meet the 2005 Dietary Guidelines it is recommended that schools

- ✓ Choose low-saturated/trans fat choices whenever possible.
- ✓ Use **low-fat** choices (1%, skim).
- ✓ Choose **whole** grains whenever possible.



Quick Guide

Planning Breakfast Menus that meet the 2005 Dietary Guidelines

School breakfast menus must meet the USDA's School Meals Initiative (SMI) nutrient standards. Nutrient standards are the required minimum levels of calories and key nutrients to meet the nutrition goals for specific age or grade groups of children for breakfast menus. The required nutrient standards are based on the menu planning approach used by the school, either food based menu planning or nutrient standard menu planning. Please refer to A Menu Planner for Healthy School Meals, found at <http://teamnutrition.usda.gov/Resources/menuplanner.html>, for the specific nutrient standards and meal patterns for breakfast meals.

Healthier Montana Menu Challenge:

- ✓ Ensure that menus meet the USDA School Meals Initiative nutrient standards.*
- ✓ Offer three different fruits each week (includes fresh, frozen or canned).
 - Offer 100% fruit juice 1 time or less per week.
 - Fresh fruit is offered twice per week.
- ✓ Offer whole grain foods 3 times per week.
- ✓ Offer protein-rich foods (meat/meat alternates) at least 3 times per week.
- ✓ Limit the sale or service of high sugar items, like donuts, sweet rolls, maple bars, and high sugar breakfast cereals to 1 time per month.
 - High sugar items are defined as having ≥ 11 grams of sugar per 1 oz serving.
- ✓ Limit higher fat entrée items to once per week.
 - A higher fat entrée item is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds, and nut butters.
- ✓ Offer low fat (1%) and/or skim milk, white or flavored, daily.

Montana schools can be recognized for serving healthy breakfast menus based upon the Dietary Guidelines for Americans through the **Healthier Montana Menu Challenge**. The criteria above meet the menu challenge criteria and focus on providing adequate calories and increased fiber; the service of less processed foods and/or healthier processed food items; increased fruit choices, including a good Vitamin C source; providing protein for balanced nutrition; offering low fat milk (1% and skim); as a part of a colorful, eye-appealing and tasty breakfast. For more information on the Menu Challenge, visit: <http://www.opi.mt.gov/schoolfood/healthiermt.html>.

